Basic training

Today, back to the basics, and lots of mobility!

Floreio Basic Workout - beginner

Warm Up - Mobility
A1. 5 min jump rope
A2. Wrists Routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. Rotations Into Low Bridge X 10 reps
or
A5. Slide Into Low Bridge X 30 sec hold
A6. Rotations Into Arch Using The Wall X 10 reps

Singular Movement Polish
B1. QDR Rotational Push Ups X 14 reps / 3 sets / 60 sec rest
C1. High Bridge Hold X 35 sec
C2. Rotations Into Arch Using The Wall X 14 reps
Repeat C1-C2 for 3 sets / 60 sec rest
D1. Au Cortado X 14 reps / 3 sets / 60 sec rest
E1. Role work, right-left-left-right-left, etc.. (In Random) for 2 minutes straight / 3 sets / rest 30 sec (Yes, 30 sec!) Breath, fluid movement! This will become more respiratory than usual after a while, hold on!

Extra Mobility Cool Down
F1. Shoulder ROM and Stabilization routine
F2. Ido's Squat Clinic Routine
F3. Scapula Mobilization Routine
Repeat F1-F3 X 3 times and rest 60 seconds after F3 only

Floreio Basic Workout - intermediate

Warm Up - Mobility
A1. 5 min jump rope
A2. Wrists Routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. Rotations Into Low Bridge X 10 reps

Singular Movement Polish
B1. QDR Rotational Push Ups X 14 reps / 3 sets / 60 sec rest
C1. Rotations into High Bridge X 14 reps / 3 sets / 60 sec rest
D1. Au Cortado X 14 reps / 3 sets / 60 sec rest
E1. Role work, right-left-left-right-left, etc.. (In Random) for 2 minutes straight / 3 sets / rest 30 sec (Yes, 30 sec!) Breath, fluid movement! This will become more respiratory than usual after a while, hold on!

Extra Mobility Cool Down
F1. Shoulder ROM and Stabilization routine
F2. Ido's Squat Clinic Routine
F3. Scapula Mobilization Routine
Repeat F1-F3 X 3 times and rest 60 seconds after F3 only

Floreio Basic Workout - advanced

Warm Up - Mobility
A1. 5 min jump rope
A2. Wrists Routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. Rotations Into Low Bridge X 10 reps

Singular Movement Polish
B1. QDR Rotational Push Ups -Advanced variation X 14 reps / 3 sets / 60 sec rest
C1. Rotations Into High Bridge Advanced X 14 reps / 3 sets / 60 sec rest
D1. Au Cortado Presses X 10 reps / 3 sets / 60 sec rest
E1. Role work, right-left-left-right-left, etc.. (In Random) as little rest as you can for 2 minutes straight / 3 sets / rest 30 sec (Yes, 30 sec!) Breath, fluid movement! This will become more respiratory than usual after a while, hold on!

Extra Mobility Cool Down
F1. Shoulder ROM and Stabilization routine
F2. Ido's Squat Clinic Routine
F3. Scapula Mobilization Routine
Repeat F1-F3 X 3 times and rest 60 seconds after F3 only